



Quick Facts: Montana Tobacco Use

In Montana 18% of all adults smoke cigarettes, and 7% use smokeless tobacco ("chew"), for an estimated total of 175,053 tobacco users. (Source: Montana Adult Tobacco Survey, 2005)

Tobacco and Montana's Health

- Cigarette smoking is the main risk factor for heart disease and many cancers, including lung cancer, bladder cancer, and oral cancer, which account for more than one quarter of all cancers in the state. Cigarette smoking is also a major risk factor for emphysema and stroke, the third and fifth leading causes of death among Montana residents. (Source: Montana Central Tumor Registry, 2005; Montana Office of Vital Statistics, 2005).
- Campaign for Tobacco Free Kids estimates that more Montanans die each year from smoking than from car accidents, alcohol, drugs, AIDS, suicide, and murders combined. Tobacco use is also the single most preventable cause of death and disease in our society. (Source: Campaign for Tobacco Free Kids, www.tobaccofreekids.org)
- On an average day, nearly four Montanans die prematurely from smoking related diseases. That's more than 1,400 annually. (Source: Campaign for Tobacco Free Kids, www.tobaccofreekids.org)
- Secondhand smoke kills approximately 110 – 200 Montanans yearly. Surveys show one out of four Montana homes have been smoked in recently, and children lived in 35% of those homes. (Source: Protect Montana Kids, www.protectmontanakids.org)
- Tobacco-related health care costs in Montana total over \$216 million per year. (Source: Protect Montana Kids, www.protectmontanakids.org)
- In 2002, 19% of all women delivering babies in Montana smoked tobacco during their pregnancy. (Source: Montana Vital Statistics Bureau, 2005)

Tobacco and Montana's American Indians

- The prevalence of cigarette smoking among American Indian adults in Montana is about twice that of Montanans overall. (Source: *Montana Adult Tobacco Survey, 2005*)
- The tobacco industry has targeted American Indians by funding cultural events like pow-wows and rodeos and using Indian cultural symbols and designs in advertisements.

Tobacco and Montana's Youth

- In 2004, 19% of students in grades 8, 10, and 12 smoked cigarettes, down from 27% in 2000 (Source: Montana Chemical Dependency Bureau, Addictive and Mental Health Disorders Division, *Prevention Needs Assessment, 2004*).
- Campaign for Tobacco Free Kids estimates that Montana kids buy or smoke about 3.9 million packs of cigarettes each year. (Source: Campaign for Tobacco Free Kids, www.tobaccofreekids.org)
- Nationally, more than a third of all kids who ever try smoking a cigarette become regularly daily smokers before leaving high school. Most who become regular smokers continue to smoke throughout adulthood. (Source: Campaign for Tobacco Free Kids, www.tobaccofreekids.org)
- Almost 90% of adult smokers began at or before age 18. (Source: Campaign for Tobacco Free Kids, www.tobaccofreekids.org)

Smokeless Tobacco ("Chew") and Montana

- 28% of 12th grade boys in Montana use chew or spit tobacco. (Source: Montana Chemical Dependency Bureau, Addictive and Mental Health Disorders Division, *Prevention Needs Assessment, 2004*)
- Spit tobacco users are up to 50 times more likely to get oral cancer than non-users. (Source: Campaign for Tobacco Free Kids, www.tobaccofreekids.org)
- Chew can be more addictive than cigarettes because it contains more nicotine. One can of chew delivers as much nicotine as 60 cigarettes. (Source: Academy of General Dentistry)
- Among high school seniors who have ever used spit tobacco, almost three-fourths began by the ninth grade. (Source: Academy of General Dentistry)

Montana Tobacco Users Would Like To Quit

- Overall, 50% of adult cigarette smokers tried to quit smoking in 2005. More females than males reported they tried to quit

- smoking cigarettes – 55% and 46%, respectively. (Source: *Montana Adult Tobacco Survey, 2005*)
- Montana youth also try to stop smoking cigarettes. In 2003, three of five (61%) of high school students who smoked cigarettes reported they tried to quit in the past 12 months. (Source: Montana Office of Public Instruction, *Montana Youth Risk Behavior Survey, 2003*)

